ABSTRACT OF THE DISCLOSURE

An information recording apparatus irradiates a recording light, such as a laser light, on a recording medium, such as various kinds of optical discs, and records information. A recording pulse signal is generated based on a recording signal corresponding to the information to be recorded. The recording pulse signal is also called "strategy signal", and the signal includes driving pulses which drive a light source for forming a recording mark on the recording medium. As to the recording light such as the laser light, the high frequency signal is superimposed for decreasing occurrence of noise due to mode hopping. The high frequency signal is generated as a digital signal, and the signal is added to the recording pulse signal to generate a driving pulse signal. Then, the light source is driven and the recording light is emitted. By generating the high frequency signal as the digital signal, it is possible to control a frequency and a phase thereof with high accuracy.